

# CREATING DEMENTIA-FRIENDLY HOLIDAYS AND CELEBRATIONS

Co-presented by Aging Gracefully and the Alzheimer's Association.



The holidays are a time when family and friends often come together. For families living with Alzheimer's and other dementias, the holidays can be challenging but with some planning and adjusted expectations, celebrations can still be happy, memorable occasions.

Learn how to cope with the holidays and stay connected while caring for someone living with dementia.

**Wednesday, December 6  
12:00 PM to 1:00 PM**

**Idaho Falls Public Library  
457 W. Broadway St.  
Idaho Falls, ID 83402**

**Please register at  
[bit.ly/idahofalls126](https://bit.ly/idahofalls126)  
or call 208-350-6823**

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